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Cunin Steps in as GW Afloat Fitness Director

By MC2 James Kimber
Guardian Staff

YOKOSUKA, Japan—With the Spring 2009 Personal Fitness Assessment (PFA) cycle a little more than three months away, it may seem far off, but it's just a short enough period of time to sneak up and catch you by surprise.

Fortunately, USS George Washington (CVN 73) Sailors now have one additional resource to help prevent that from happening. It's actually one of Tiffany Cunin's main goals as *GW*'s new Afloat Fitness Director, or "Fit Boss."

Cunin took the lead of *GW*'s fitness programs last month, bringing her exceptional knowledge and professional experiences gained as a staff member at Velocity

Sports Performance and RDV Sports Plex in Orlando, Fla., where the National Basketball Association's Magic work out.

"I wanted a new challenge," said Cunin, a North Carolina native. "It's a different clientele, with different expectations and goals."

Challenges are nothing new to Cunin. She has been challenging herself from a young age, allowing herself to not only grow athletically, but also mentally. This drive and dedication helped her earn a softball scholarship to Murfreesboro, N.C.'s Chowan University, where she captained the Hawks' softball team from her freshman year until graduation.

Cunin also excelled in the classroom, where she earned her bachelor's degree in exercise science and biology. She later earned a master's degree in exercise physiology from the University of Central Florida.

Cunin said she hopes to inspire *GW* Sailors in their own fitness goals.

"I hope to bring the same motivation I have for myself, and have it rub off on someone here," Cunin said. "If I can help one person realize and achieve their fitness goals, they may take that to other parts of their life."

"The biggest challenge is motivating someone who doesn't want to apply themselves. As soon as they are ready to make the change, I will help them achieve their goals step-by-step. The system is in place and the facilities are available. All it takes is a little change in thought."

One of the ways Cunin plans to enhance *GW*'s culture of fitness is to start hosting fitness events and group exercises, such as early-morning command physical training (PT) at Thew Gym.



Tiffany Cunin, *GW*'s Afloat Fitness Director, takes a break from working out in George's Gym.

Photo by MC2 James Kimber

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All Hands Invited to 2009 Career Symposium

By MC2 Olivia R. Giger
Guardian Staff

YOKOSUKA, Japan—USS George Washington (CVN 73) team of Navy Counselors are getting ready for a visit from the Navy's Center for Career Development (CCD).

CCD representatives will be holding briefs at various Fleet Activities Yokosuka locations Jan. 26-29 to help Sailors make the most of their Navy careers.

Limited duty officer (LDO) and chief warrant officer (CWO) programs, as well as junior enlisted career management are just a few of the topics that will be covered.

"This visit is intended to promote the professional and personal development of our Sailors by of-

fering advice on career direction, development and opportunity," said NCC(SW/AW) Tyrone Jiles, GW's command career counselor.

Sailors in pay grades E-5 and above can attend a class geared towards becoming an LDO.

"At this brief, officers who chair the selection boards will give Sailors insight on what they need to do prepare for these programs," said Jiles.

"This information will help Sailors get their application together, meet with LDOs to screen their package, and learn ways to prepare for interviews which will make them more competitive," he added.

A First Term Career Planning Seminar is also available to a select few who apply.

Jiles said this is a great opportunity for GW Sailors to get information pertaining to their naval careers. The emphasis of the workshop includes personal goals, financial planning, and professional career development.

"It's about Sailors knowing what opportunities are available to pursue," he said. "It's important to know your options."

First term Sailors interested in attending should route a special request up to their department heads and then bring it to a Command Career Counselor. Seats are limited, but still available.

"I want to encourage all hands not allow this yearly event to pass by," said Jiles. "Let's show CCD what a total George Washington team effort is all about."

Fitness Enhancement Classes Resume on GW

By MC2 James Kimber
Guardian Staff

YOKOSUKA, Japan—USS George Washington (CVN 73) Sailors officially resumed the Fitness Enhancement Program (FEP) Jan. 13.

MACS(SW/AW) Arcolia Rains, GW's FEP coordinator, says FEP isn't just for Sailors who have failed the Personal Fitness Assessment (PFA)—it's about improving and enhancing fitness and encouraging healthier lifestyles.

"FEP has two parts," said Rains. "The first part is physical training. The second part is nutrition. Shedding the pounds is all about the diet. It's about changing your habits. Just like quitting tobacco and alcohol are great habits to break, breaking away from an unhealthy diet is just as important."

In addition to the physical training (PT) sessions hosted by FEP instructors and divisional command fitness leaders (CFL), Rains encourages Sailors to attend nutrition education classes hosted by ABECS(AW/SW) John Clayton. Health Services Department Sailors also offer "ShipShape" weight management classes.

Since Rains took over the FEP last summer, more than 100 people have graduated from mandatory FEP participation.

"We had about 300 Sailors on FEP in August," said Rains. "We're now down to about 175. We're making a lot of progress, but we still have a way to go."

From the GW Intranet home page, click on Fit Boss for an up-to-date list of the class schedule. For more information, please contact your divisional CFL or any FEP instructor.

Fit Boss from page 1

"I know what it's like to start seeing the results of your efforts," she continued. "I've been in sports all my life. I've been a captain on all my teams, and I know when people need a little extra push or when they need a little extra coaxing."

Cunin said she's happy to be on board as GW's new Fit Boss and ready to help enhance the ship's mission of physical readiness in a variety of ways.

"I hope to spark interest by offering something for everyone," said Cunin. "I've already heard of some great underway programs like salsa lessons and cardio kickboxing. I'll do whatever it takes to get people up and doing something."

Protecting Network Security and Personal Information

By MC3 Matthew Dickinson
Guardian Staff

YOKOSUKA, Japan—Checking email is an everyday task for most USS George Washington (CVN 73) Sailors. Though it seems like a simple task, it can be dangerous, according to Sailors from Combat Systems Department's CS2 (Information Assurance) division.

"In the world of information assurance, there are many things out there that can sneak into a network and cause damage. These include viruses, trojans, worms, spyware and adware and the like," said IT2(SW) Rafael Batista.

Batista said CS2 division's primary mission is to prevent Sailors from unwittingly damaging the ship's network, and he offered some simple advice that can protect not only the ship's networks, but also Sailors' personal information.

"When checking your email, make sure to avoid following links that lead to Web sites. Also, never give personal information, passwords, or any other significant information in response to an email," said Batista.

He said some e-mail may look relatively harmless, like an application for a credit card. In reality, they are

often a way for some scammers to "phish" for personal information. Phishing is defined as the criminally fraudulent process of attempting to acquire sensitive information such as usernames, passwords and credit information.

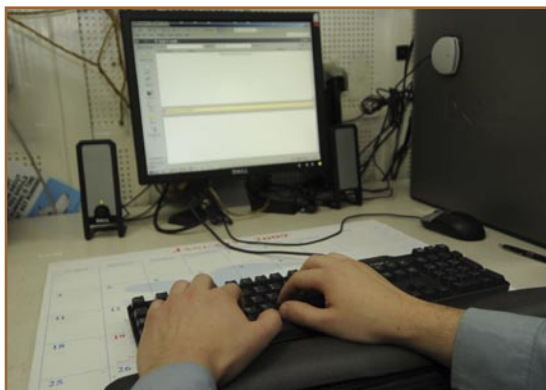
Batista pointed out one recent email that claimed to be from the webmaster of the Navy's Information Security Web site. The bogus email contained a link designed to exploit a problem in Internet Explorer, causing the victim's computer to download malicious software.

The Sailors of Information Assurance (CS2) division are willing to help identify this type of dangerous email.

"This is why you should never follow links from an email message, even the myPay emails that sometimes come around. When you follow a link from a bogus email, the link often leads to a fake website that looks exactly like

the real one. You put in your name and password, and it will give you an error message saying the page cannot be loaded. In reality, you just gave sensitive information to a scam artist," he said.

"If you spot a suspicious email, your best option is to delete it. If it is opened, you can contact CS2 division at J-Dial 5411 and we will conduct an investigation as to the full extent of the damage done."



Sailors are advised to look out for bogus emails and avoid following links from email messages.

Photo by MC3 Matthew Dickinson

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This Week in Navy History...

January 15

1865 - Union forces capture Ft. Fisher, in Wilmington, N.C. during the largest amphibious operation of the Civil War.

January 16

1930 - *USS Lexington* (CV 2) provides power to Tacoma, Wash., after floods disabled the city's power plants.

1991 - Operation Desert Storm begins.

January 17

1955 - *USS Nautilus* (SSN 571) gets underway as the Navy's first nuclear-powered submarine.

January 18

1911 - Eugene Ely makes the first aircraft landing on board a ship, *USS Pennsylvania* (ACR 4).

KODAK 5036 EPD



KODAK 5036 EPD



KODAK 5036 EPD



Q3 Drill

13 Jan. 2009



KODAK 5036 EPD



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Medical Minute

How to Treat a Sucking Chest Wound

The first person at the scene should assess responsiveness and call for assistance by dialing 911. Place the victim on their back and check for ABC's: airway, breathing and circulation.

Immediately, cover the wound with the palm of your hand or pinch the wound together. *Do not put your finger inside the wound.*

Place an occlusive material (large battle dressing cover, ID card, cigarette wrapper) over the wound.

Tape the occlusive material over the wound on three sides only. Leave one side untaped. *This prevents air from being trapped, which could cause breathing difficulty.*

Roll the victim onto their injured side and check for an exit wound or any other injuries that may have occurred. If there is an exit wound, treat it the same way.

Place a large battle dressing over the wound, with the sterile side down. Place the bottom ties around the body and tie a knot over the dressing. The top ties go around the chest and are also tied over the dressing. If there is an exit wound, repeat the process.

Check the victim for further injuries both front and back.

Treat for shock by placing the victim on the injured side or in a sitting position, with the injured side leaning over. Keep the victim warm, quiet and reassured. *Stay with the victim until medical assistance arrives.*

CHAPLAIN'S CORNER

Chapel of Hope schedule: *GW* Sailors are encouraged to participate in programs offered through the base chapel, the Chapel of Hope.

Community Relations: Volunteers are needed to help deliver food to the homeless. Stop by the Chapel of Hope Thursdays at 1915 to help out.

Islamic Friday Prayer: Muslim Sailors are invited to attend an Islamic prayer meeting on Fridays from 1300 to 1345.

Jewish Worship Opportunities: Jewish personnel are invited to Sabbath services on Fridays at 1800 at the Chapel of Hope. Contact C. Schlesinger at craig.schlesinger@fe.navy.mil.

Life Skills classes: While the ship is in port, classes will be held Thursdays at 0930 in the ship's library. Upcoming classes include Anger Management on Jan. 15 and Stress Management on Jan. 22.

Used Books: Donate your used paperback books so that other Sailors can enjoy them too. Drop off books at the LMRC.

The **United Through Reading program** will continue throughout the in-port period. This is a great opportunity for anyone who wishes to record a video of themselves, reading a book to their child or other family members. DVD's and mailing materials are provided free of charge. To make an appointment, stop by the LMRC.

24-Hour USN Chaplain Care and Devotional Web site:
www.chaplaincare.navy.mil

ESWS/EAWS INFORMATION



Define Naval Intelligence.

Properly employed, intelligence can give us an accurate estimate of the situation, forecast likely adversary courses of action, and allow us to apply selective but decisive combat power throughout the battle space.

Where is U.S. Sixth Fleet headquartered?

Gaeta, Italy

Three Brothers Serve on Navy's Newest Carrier

By MC3 Micah Blechner
USS George H.W. Bush Public Affairs

NORFOLK, Va.—Three brothers from Jasper, Ind., are part of the first crew of USS George H.W. Bush (CVN 77), which was commissioned here Jan. 10.

As part of the commissioning crew, MM2 Randall G., MM2 Scott K. and MM2 Richard A. Hoffman received the title of plankowners in recognition of their contribution to the delivery of the ship to the fleet.

Randall and Scott have been stationed aboard PCU Bush for two years and currently work in reactor mechanical division No. 2 plant aboard the ship.

They were two of the first crew members to be stationed on PCU Bush. Scott explained that the most significant change during the past two years has been the arrival of more than 1,500 additional ship-board personnel.

One of the most significant additions to the crew occurred when PCU Bush welcomed the third, and final, Hoffman brother aboard. Richard checked aboard Sept. 14.

"I am excited to be here,"

Richard said. "It will definitely be a good experience being on the same ship together."

Richard is the oldest of the three Hoffman brothers but came into the Navy last.

"My brothers' recruiter tried to get me to join when they signed up," Richard said. "I told them that I wanted to join, but that I wanted to finish my associates degree first."

Richard is going through a 10-week training program designed to help familiarize new machinist's mates.



The Hoffman brothers, all machinist's mates from Jasper, Ind., are part of the first crew of the aircraft carrier USS George W.H. Bush (CVN 77), which was commissioned Jan. 10 at Naval Station Norfolk.
Photo by MC2 Jhi L. Scott

"I came to the Bush straight from a year and three months of school in Charleston, S.C.," Richard said. "The equipment we learn to operate down in Charleston is much different than the equipment on an aircraft carrier. The training I am doing right now is essential for me to know how to do my job on this ship."

"Our family, our mother specifically, loves that we are all on the same ship," Randall said.

For more news from USS George H.W. Bush (CVN 77), visit www.navy.mil/local/cvn77.

USS The Sullivans Sailors Visit Namesake School

By MCSN Charles Oki
Fleet Public Affairs Center Japan

YOKOSUKA, Japan—Sailors stationed aboard the Arleigh-Burke class guided missile destroyer USS The Sullivans (DDG 68) visited The Sullivans Elementary school Jan. 7, during a port visit to Fleet Activities Yokosuka, Japan.

Sailors from the school's namesake ship took part in classroom activities with students and helped clean up the school grounds.

The crew spent most of the day reading, interacting and playing with the children.

"I think its going to be a very positive experience for everyone," said Ens. Carl Comasco, of Harrisburg, Penn., The Sullivans community relations officer. "The cool thing about this project is that all 260 Sailors on the ship will be able to be a part of it because it spans four days. At the end

of the week we'll have interacted with 1250 students and 150 faculty members."

"We're also excited to be bringing students to see the ship," Comasco added.

"As soon as we found out we were going to be dropped in the 7th Fleet's Area of Responsibility, it immediately popped into my head that we must come to this school," said Cmdr. Ryan Tillotson, commanding officer of The Sullivans. "It just seemed natural."

The trip to the school, and Yokosuka for that matter, was a rare opportunity for the crew of The Sullivans, as the ship is stationed in Mayport, Fla.

The Sullivans is named after the five Sullivan brothers; George, Francis, Joseph, Madison and Albert who were killed in action aboard the USS Juneau (CL 52) during the battle of Guadalcanal.

For more news from Commander Fleet Activities Yokosuka, visit www.navy.mil/local/cfay/.

Navy Announces Latest Changes to SRB Policy

By Sharon Anderson
Chief of Naval Personnel Public Affairs

WASHINGTON—Sailors will have the opportunity to reenlist with a Selective Reenlistment Bonus (SRB) up to 90 days before the expiration of their active obligated service (EAOS) under new policy set forth in NAVADMIN 006/09 released Jan. 9.

Sailors may have less than 90 days to reenlist for the bonus to keep the SRB reenlistment in the same fiscal year.

“Under old policy, a Sailor could reenlist anytime in the same fiscal year as their EAOS,” explained Jeri Busch, head, military pay and compensation policy branch for the chief of naval personnel. Sailors need to carefully read NAVADMIN 006/09 to understand the many rule changes and exceptions and how this policy will affect any possible

SRB awarded for reenlisting.

“By reducing the time frame for SRB reenlistment the Navy can better project and manage end strength while continuing to provide incentive to Sailors with critical skills and valuable experience to stay Navy,” said Busch.

The policy change is part of an overall effort to stabilize the force at about 329,000 active duty Sailors by

the end of this fiscal year.

SRB is a targeted market-based incentive which allows enlisted community managers to strategically adjust award levels as retention needs dictate.

Any Sailor whose request to reenlist has been received by PERS-8 before the release of NAVADMIN 006/09 will have their reenlistment processed under the old policy. Reenlistment requests received by PERS-8 after the NAVADMIN's release will fall under the new policy.

Selected NECs will be allowed to reenlist anytime in the fiscal year and are listed in the NAVADMIN. Future changes to the list will be released via NAVADMIN.

All Sailors are encouraged to read the complete NAVADMIN and the frequently asked questions available at www.npc.navy.mil.



Official U.S. Navy file photo

New Counter-Piracy Task Force Established

Commander, Combined Maritime Forces Public Affairs

MANAMA, Bahrain—The Combined Maritime Forces (CMF) established Combined Task Force 151 (CTF-151) Jan. 8 specifically for counter-piracy operations.

Naval ships and assets from more than 20 nations comprise the Combined Maritime Forces. U.S. Navy Rear Adm. Terence “Terry” McKnight has been named the commander of the new task force which will be fully operational by the middle of January.

The CMF created the Maritime Security Patrol Area (MSPA) in the Gulf of Aden in August of 2008 to support international efforts to combat piracy. Coalition efforts included CTF-150 assets patrolling the area with ships and aircraft. However, the charter for CTF-150, established at the outset of Operation Enduring Freedom, was for the conduct of Maritime Security Operations (MSO) in the Gulf of Aden, the Gulf of Oman, the Arabian Sea, Red Sea and the Indian Ocean. Operations included the deterrence of destabilizing activities, such as drug smuggling and weapons trafficking.

The establishment of CTF-151 will allow CTF-150 assets to remain focused on those activities, giving

CTF-151 the ability to focus solely on the counter-piracy mission.

“Some navies in our coalition did not have the authority to conduct counter-piracy missions,” said Vice Adm. Bill Gortney, CMF commander. “The establishment of CTF-151 will allow those nations to operate under the auspices of CTF-150, while allowing other nations to join CTF-151 to support our goal of deterring, disrupting and eventually bringing to justice the maritime criminals involved in piracy events.”

Gortney highlighted the reduction in piracy events in the region due to merchant mariners’ proactive measures. He also continued to caution that the efforts of coalition and international navies won’t solve the problem of piracy.

CTF 151 is a multinational task force that conducts counter-piracy operations in and around the Gulf of Aden, Arabian Sea, Indian Ocean and the Red Sea and was established to create a lawful maritime order and develop security in the maritime environment.

For more news from Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, visit www.navy.mil/local/cusnc.